



# Substance Use Disorders (Prevention, Treatment, & Recovery)

Phone: 515-242-5934

<http://idph.iowa.gov/substance-abuse>

Protecting & Improving  
the Health of Iowans



The Bureau of Substance Abuse supports the philosophy established by the Substance Abuse and Mental Health Services Administration (SAMHSA) which states:

*"Prevention Works, Treatment is Effective, and People do Recover"*

As champions for these efforts in Iowa, the Bureau of Substance Abuse works diligently to reduce misuse and abuse of alcohol and other drugs, ensure Iowans receive substance abuse assessment and treatment when and where they need it, and support addicted Iowans in their personal recovery efforts.

## Did you know?

At least 72 health problems that require hospitalization are caused completely or in part by substance abuse with the top four being cardiovascular disorders, cirrhosis, cancer and unintentional injuries. In Iowa, 47% of substance use disorder clients served reported alcohol as the most common primary substance used, followed by marijuana at 25%, and methamphetamine at 18%. (Data Source, Iowa Department of Public Health, Division of Behavioral Health, SFY 2016)

## Why is the Bureau of Substance Abuse important to protecting and improving the health of Iowans?

- Substance use disorders and related problems are among society's most far-reaching health and social concerns. Annually, over 45,000 Iowans seek assessment and treatment services for substance use disorders through IDPH-licensed programs.
- According to SAMHSA, the national Substance Abuse and Mental Health Services Administration, 90% of people in the U.S. who experience substance use problems and need treatment do not perceive the need for care.
- It costs every person in the U.S. nearly \$1,000 each year for health care, law enforcement, motor vehicle crashes, crime, and lost productivity due to substance abuse.
- The 2014 National Survey on Drug Use and Health 25.36% reported binge drinking in the last month which identifies Iowa as one of 10 states with the highest reported binge drinking.
- In 2015, 126 out of 320 (39%) Iowa traffic fatalities were alcohol or drug related ([Iowa Department of Transportation](#)).
- The National Survey on Drug Use and Health indicates that more than 2.3 million adolescents aged 12 to 17 in 2014 were current users of illicit drugs.

## Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

Strengthen the health infrastructure

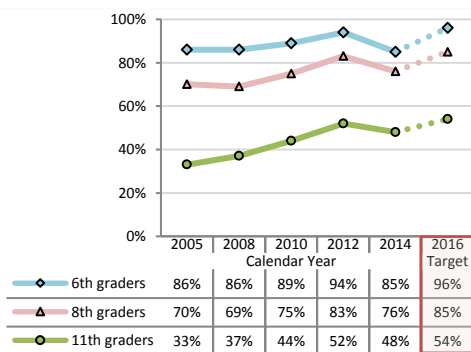
## What do we do?

- License and monitor approximately 120 substance abuse treatment programs.
- Ensure that a full continuum of substance abuse assessment and treatment services is available to residents of all 99 Iowa counties.
- Implement substance abuse programs that support our mission such as: Families in FOCUS adolescent treatment project; Iowa Recovery Health Information Technology (IRHIT); Strategic Prevention Framework (SPF); Screening, Brief Intervention and Referral to Treatment (SBIRT) and Access to Recovery (ATR).
- Provide primary substance abuse prevention in all 99 counties, implement evidence-based programs, practices, and policies, and collaborate and coordinate with substance abuse providers and community partners.
- Conduct the [Iowa Youth Survey](#) that measures attitudes and experiences of 6<sup>th</sup>, 8<sup>th</sup> and 11<sup>th</sup> graders regarding alcohol and other drug use and violence, and their perception of peer, family, school and community environments.
- Ensure a [Recovery-Oriented System of Care](#) that welcomes and engages Iowans at any and all points in their personal recovery efforts.

## How do we measure our progress?

### Prevention Data

Percent of Iowa students (grades 6, 8, & 11 combined) who have never used alcohol.

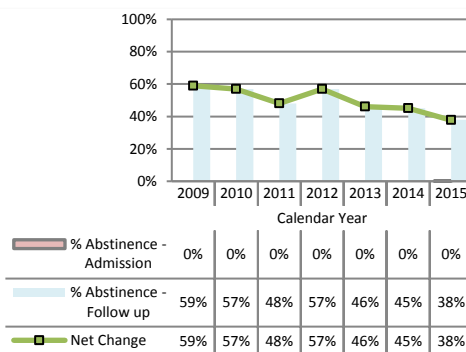


Data Source: Iowa Youth Survey. Data is available every two years.

**How are we doing?** There was a decrease for all three grades in 2014.

### Treatment Data

Did not use alcohol or drugs at 6 month follow-up compared to admission.

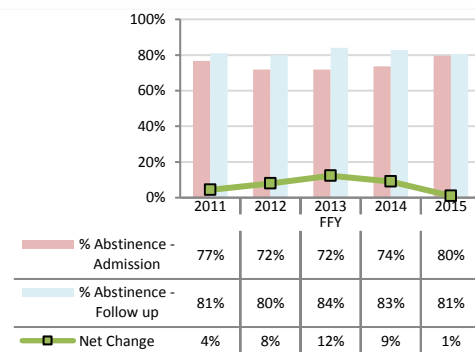


Data Source: State of Iowa Outcomes Monitoring System

**How are we doing?** On average in 2015, 38% of clients were abstinent 6 months post discharge.

### Recovery Data

Did not use alcohol or drugs at 6 month follow-up compared to admission.



Data Source: ATR Services Accountability Improvement System

**How are we doing?** Since first receiving the ATR grant in 2007, Iowa has continued to show an increase in abstinence rates.

## What can Iowans do to help?

1. If you know someone who needs help with alcohol or drug problems, encourage them to call the IDPH Iowa Substance Abuse Information Center Helpline, 24 hours a day, 7 days a week, at 1-866-242-4111.
2. To learn more about Substance Abuse Prevention efforts in Iowa, go to <http://idph.iowa.gov/substance-abuse/prevention>.
3. To learn more about Substance Abuse Treatment Services in Iowa, go to <http://idph.iowa.gov/substance-abuse/treatment>.
4. To learn more about Recovery Support Services, go to <http://idph.iowa.gov/atr>.
5. To find out more about bullying and suicide prevention, go to [www.yourlifeiowa.org](http://www.yourlifeiowa.org).
6. Learn about the dangers of addiction. For more information, go to [www.drugfreeinfo.org](http://www.drugfreeinfo.org).

## Expenditures

State funds: General fund & Underground Storage Tank Fund (USTF) (2011 only), federal funds, & intra state receipts\* (Depts. of Education, Human Rights, & Human Services, & Office of Drug Control Policy); State funds are used for a required maintenance of effort match for the Substance Abuse Prevention & Treatment Block Grant: K01-0101/0105/0151/0154/0169/0171/0173; 0153-0102/0104/0130/0132/0152/0166/0176/0214/ 0218/0220/1968

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$19,092,734	\$19,104,090	\$18,903,715
Federal funds	\$19,700,278	\$19,165,063	\$20,653,499
Other funds*	\$866,449	\$643,244	\$1,310,948
<b>Total funds</b>	<b>\$39,659,461</b>	<b>\$38,912,397</b>	<b>\$40,868,162</b>
FTEs	14.72	16.01	19.55

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.